

MARION MARTINEAU TELLS THE BUSINESS WOMAN HOW TO KEEP HER FIGURE.

She Need Not Get Either Lanky or Fat and Can Prevent Herself From Growing Hollow in the Chest and Round-Shouldered—Poses That Will Rest Every Muscle of the Body.



TRY THIS FOR INSOMNIA

HERE lives scarcely a woman who is not a "working woman." If she be a society queen she is worn out with her engagements; if a business woman she is tired to the bone from toil.

If a working girl she is worn out, not so much with mental work as with real bodily fatigue.

All can take time to recuperate except the working girl.

And it is the working girl, of all women, who most desires and requires to look nice.

The working girl expects to marry some day, and for this she wants to keep her comeliness.

She must toll, meanwhile, and for this she wishes to preserve her health.

She, whether working or at home, must be active, and for this she must maintain the figure with which she grew to womanhood.

The minute she loses that youthful figure, and gets either a little too fat or a little too thin, at that moment she ceases to be useful.

The too thin woman is delicate; the too fat woman is bulky.

Neither can do the day's work properly.

The working girl suffers most of all from fatigue.

This is not always from overwork, for an employer has a right to ask certain duties of his clerks.

It is more from the fact that a certain set of muscles are used, and no others.

This makes them always sore and tired, and the day is a drag and the night no better.

The working girl can begin upon the more comfortable existence by changing her shoes every day of her life.

Shoe leather is cheap, and she can just as well have three pairs of boots as one.

Now, if she will alternate these, wearing each pair for two days out of the six, then she will be pretty sure of comfortable feet.

Though this is not a talk upon feet, it can be remarked that the short shoe is never good.

If pointed toes are worn they should be very long.

STANCHING ALL DAY LONG.

In case of a bunion, let the working girl at once see that the joint is cured. This can only be done by correct massage.

A bunion joint is caused by the dislocation of the joint of the toe.

This must be gently lifted in place and a pad must be placed between the toes to hold the joint where it should be.

This will instantly cure a bunion joint.

But at the first pressure upon the top of the toe the joint will again be dislocated.

Where the skin has become sore and an abscess has formed it will take a little longer.

But all bunion joints are curable. They are dislocations, and must be treated as such.

The tired working woman must wear a different set of corsets for at least two days of the week, and it would be well if she could wear a different gown, for the bands of the skirt press into the ribs, and if the pressure can be changed one will not start out in the morning so very tired.

The working woman must also vary her food.

She should never eat anything which she does not relish.

The stomach continually revolts against unwholesome food, and if the working girl does not like her rations she may be sure that they will do her no good.

Often they will give her indigestion.

A certain tired-out school teacher craved pie for breakfast.

She was not a New Englander from the great pie left, but a woman who had always lived in the city.

She was tired and peevish, and she wanted pie instead of oatmeal, and pie instead of toast.

A wise landlady humored her, and each day for three days she found at her plate a nice large quarter of rich pumpkin pie with a crust so thin that it could not hurt her.

She really ate a dish of warm pumpkin, with egg and milk and sugar and other nourishing ingredients, disguised as pie, and at the end of that time she was ready for her cereal again.

EAT WHAT YOU WANT.

There is everything in eating just what you want, and in getting all you want of it.

If the tired working girl will take for her supper a nice dish of succotash, or a bowl of pea soup, or the best vegetable broth, and will finish with an inexpensive chocolate russe or ice cream, or any other easily digested food, she will find herself in better condition than though she had sat down to the conventional boiled dinner, which seemed, somehow, to go against her from very start to finish.

The stomach is a curious organ.

It has its likes and dislikes, its cravings and its relishes.

And when it does not want an article of food it throws it forth.

In less pronounced strains it rebels against foods which it did not crave, and the gastric juices which come so freely when the right article is eaten will not come at all

when the wrong thing is put into the stomach.

There is very little rhyme or reason in it all, for the stomach is a law unto itself.

The working woman, or the working man, the tired creature anywhere, should not take a swallow of any food that does not agree with the internal organism, and should cross off everything that is not palatable.

This point alone will often keep a person well in time of epidemic, and it is said that there would be fewer cases of typhoid if people did not force the stomach to take unwholesome food.

But there is the actual hard work to be done by a working girl, and to be counterbalanced and counteracted.

The girl who is tired to death when she comes home at night is in no condition to perform athletic.

Often she is not fit to roll into bed and sleep until morning.

But the day's work by no means ends at a school for any woman, and often there is a dinner party, a dance, a visit to which one must go, a theater party into which one has been gathered; some social occasion which is as obligatory as any work that ever was invented.

WHEN THE WORK IS DONE

The working girl may have home duties of serious intent.

There is always sickness hovering about, and there are dishes and brooms, dusting cloths and washbasins, iron tables and other implements that demand a little attention, even from the already tired-out woman.

She then places a pillow upon the floor, and, lying down with her head upon it, she elevates her feet.

There is no danger of a headache, for the feet, in their new position, seem to become rested instantly and the legs find their lost muscle.

It rests the back amazingly to lift the feet high and to lie upon the scapular cord, and the tired woman, working girl and school teacher can try it with good results.

This school teacher is troubled with insomnia.

She consulted a physician and found some relief, but she did not feel as though she could take drugs forever, so she went into physical culture as a remedy.

When troubled with sleeplessness she now lies upon her left side and draws one knee up until it touches almost her chin.

She twists her arm in under that knee to keep it elevated, and then she tries to go to sleep.

And she usually succeeds.

This position is very good for tired legs and a tired spine, for it is a very unusual one, and the rest that follows is sure.

The more unusual the position, the more you are rested, and the woman who wants to get rested quickly is recommended to try it.

ENERGIZE WITH JUDGMENT.

In seeking an unusual position do not go out of your way to strain yourself.

Remember that there are positions that will rest without straining, and be sure to seek one of these.

Standing straight, with the elbows akimbo, will often rest the body. This position is impossible in tight skirt bands and in tight bodices, but once in a gymnasium suit you can stand as you please.

Before taking the rest exercise the tired-out woman can drink hot lemonade, or hot chocolate or beef tea, or wine—anything that does not jar her or her principles.

And when she has taken these she can rest hygienically and come out in such a good frame of mind and body that she will be prepared for the work of the evening, no matter what it may be.

A certain business woman of New York finds her most trying (after a hard day) time to be the evening.

Then there come callers, and to sit up night after night and talk and be talked to is maddening.

It catches her in the nervous system, and she feels a frantic desire to jump out of the window or throw her caller out.

She rests by eating anything she wants for dinner, by getting into an artistic gown, and by sleeping a little while before the evening.

Often a walk will do the work of arolley ride.

Do just exactly as you please is the advice which a nerve specialist gave a society woman—for one hour every day.

This woman, who in shop windows, goes to a vaudeville, rests in the park, or indulges in some little much-desired recreation.

She has a good time, a solitarily good time, for one whole hour every day, and for all the rest of the time she is ready to be a good citizen, doing what other people want her to do.

If the circle be pushed back when the hands are wet, the nail will take the proper shape.

There will be no roughness around it.

The trick, or the real art, in manicuring consists in performing this act every day.

If the nails be neglected for as much as twenty-four hours the skin will cling to the nail and will grow on it.

There will be a short nail with delicate all efforts to lengthen it.

But if it be pushed back every day and each time the hands are washed, the nail will gradually lengthen.

White spots upon the nail are caused not by defective treatment, but by an injury to the matrix of the nail.

If you hit your finger between the joint and the finger nail, the result will be a white spot upon the nail.

This white spot will not disappear until the nail has grown out.

If the orange wood stick be used roughly at the base of the nail, it will certainly indicate good health.

They are never seen in sick people, and if the moon be very pronounced it shows that there is a very fine condition of the system.

Very many persons have these moons.

They are not shown because the flesh is allowed to grow up over them.

Push it back persistently, and they will

begin to appear more or less brightly, according to your constitution.

The Gainsborough hand is very slender, very long in proportion to its width, and its nails are long and almost almond-shaped.

The almond-shaped nail is exactly the shape of the nut of that name.

Take a ribbert and hold it by the side of your own nail, large end downward.

You will understand just how the shape should be.

It may take time, and it will certainly take patience to train your nails into this almond shape.

It is worth while, for the hands are a very important feature of a woman's beauty.

"The second face," as they are called by one writer.

Not a few of the older poets wrote whole

sonnets to the beauty of their lady's hand.

There are three ways of cutting the nails. There is the blunt, or working nail.

There is the rounded nail, which is the nail of the business woman, and there is the pointed nail, which is the nail of the society woman.

The pointed is prettiest, if you have the time to keep the point accurate.

Do not make it sharp like a claw, but a rather blunt point which makes the finger somewhat more interesting.

Next to the color of the skin and the shape of the nails, comes the texture of the hands.

This is one of the most difficult things to control.

Very early in life the hands begin to grow shapely.

That plump, pretty condition of youth disappears.

(Answers to correspondents will be found on the preceding page.)

As the flesh falls away the ugliness of the hands appears.

Whatever defects existed before now become very pronounced.

The change in the hands from youth to middle age is so slow as to be almost imperceptible.

But it gradually takes place.

The wrinkled condition of the hands of the aged bears testimony to the fact that the hands alter, even as the face.

To keep the hands from shrinking, and to keep the flesh from disappearing from them, there should be fed unto them a skin food which should be applied every day.

This will keep the hands white, plump and nice in every respect.

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ONE WAY TO REST A VERY TIRED BACK



A PERFECTLY ERECT POSITION